

Naval Branch Health Clinic (NBHC) Information Sheet
Providing Healthcare services to military communities at Port Hueneme,
Point Mugu and San Nicolas Island

Hours of Operation and Information

Port Hueneme: Active duty, and other Prime Patients

Monday – Thursday – 0730-1800 (last appointment ends at 1700)
Friday – 0730-1630 (last appointment ends at 1530)
Closed Saturday, Sunday and all federal holidays

Point Mugu Clinic: Active Duty personnel only

Monday – Friday – 0730-1630 (Active Duty Only)
 General Information Phone: 805- 989-7213

For Emergencies (Possible loss of life, limb, or eye sight) **CALL 911**

If you are a Tricare beneficiary, have an urgent medical issue and wish to speak with a nurse for 24/7 medical advice

Call the Nurse Advice Line (NAL) 1-800 TRICARE (874-2273) option 1

For after hours dental concerns (Active Duty only)

Please contact the Duty Dental Technician 805-797-4544

If outside local area (Leave/PCS etc...) you must contact your Primary Care Manager (PCM) for a referral or call 1-877-988-9378 (United Healthcare Active Military and Veterans) for advice and authorization for urgent care before receiving care.
(This number is manned 24 hours a day, for your convenience.)

Appointment Information Port Hueneme Clinics

Medical Home Port Green Team	805-982-6342
Medical Home Port Blue Team	805-982-6320
Pharmacy	805-982-6450
Medical Records	805-982-6364
Optometry	805-982-6336
Overseas Screening	805-982-6152
Deploying Personnel (PHA)	805-982-6366
Laboratory	805-982-6408
Physical Therapy	805-982-6335
Occupational Health	805-982-6360
Dental (Building 914, AD only)	805-982-5584

Appointment Information Point Mugu Clinics

Medical Clinic	805-989-7213	Active Duty only
Dental	805-989-7603	Active Duty only

San Nicolas Island

Quarterdeck/Duty Office (24 hours)	805-989-2370
Medical	805-989-2357

TRICARE

TRICARE (United Healthcare Military and Veterans) Service Center number	1-877-988-9378 www.uhcmilitarywest.com
1. Update your TRICARE Prime enrollment with United Healthcare Military and Veterans by phone, online, or by mail. 2. All eligible beneficiaries must be registered in the Defense Enrollment Eligibility Reporting System (DEERS) and present a valid ID card when receiving services. Children 10 and above are required to have an ID card. Children under 10 should have an ID card of their own when in the custody of a parent who is not eligible for benefits.	

Managed Care

Beneficiary Counseling and Assistance Coordinator (BCAC) and Debt Collections	805- 982-6369
Consults and referrals	805- 982- 6322 /6323

NOTE: Make sure your address is current in DEERS. Specialty care authorizations will be sent to the beneficiary's address listed in DEERS.

Base information

Base information line	805-982-4711
Fleet Family Support Center	805-982-5037
Chaplain Office	805-982-4358

RELAY HEALTH

NBHC Port Hueneme is now on line! Get registered with Relay Health and get connected at: <https://app.relayhealth.com/>

PHARMACY

Port Hueneme Pharmacy Hours: Monday – Friday, 0730-1600.

-Refills may be picked up **Monday –Friday** until 1600. No civilian prescriptions will be filled after 1500, except emergency medications. For questions, please call **805 982-6450**. This phone number may also be used to find out if we carry the particular medication you are requesting.

-Pharmacy Refill Line: 1-866-286-8249. At your next visit to the clinic pharmacy, ask about the Mail Order Pharmacy program or go to www.express-scripts.com/TRICARE or call **1-877-363-1303**. To utilize network pharmacies with low co-pay, go to <http://www.tricare.osd.mil/pharmacy/>.

Your NBHC values your input concerning this information sheet. If you wish to see further information not provided on this sheet, please call the clinic Administrative Officer at 982-6370.